



Dranesville Happenings

October 2013

Announcements and Upcoming Activities in and Around the Dranesville District



John Foust
Dranesville District Supervisor

Contact us at:

Dranesville District Supervisor
6649-A Old Dominion Drive
McLean, VA 22101

Phone: 703-356-0551

Fax: 703-821-4275

Email: Dranesville@FairfaxCounty.gov

In This Issue

Welcome Letter

October 5: McLean 5K Run with the Warriors

October 5-6: Tysons-Pimmit Library Book Sale

October 5 - 12: Council for the Arts of Herndon Presents "Herndon Arts Week"

October 6: 7th Annual MPAartfest in McLean Central Park

October 6, 20: Colvin Run Mill Grain Grinding Demonstrations

October 7: Tysons Comprehensive Plan Amendment - Preliminary Dialogue

October 8: GFCA Sponsors Candidate Forum

October 9 and 10: Fairfax County Offering Program on Medicare Basics

October 12: Fire Stations Host Fire Prevention Open Houses

October 12, 13: Free Driving Skills for Teen Drivers

October 15, 16, 17: Fairfax County Offering Free Medicare Open Season Workshops

October 16: MCA Presents: "Later High School Start Times: A Blueprint for Positive Change?"

October 17: Master Plan Revision Meeting Planned for Langley Fork Park

October 19: Watershed Clean-up Day
October 22: Annual McLean Citizens Association - McLean Chamber of Commerce Candidates Night
October 24, 30: Public Meetings on Park Authority Natural Resource Plan
October 26: Safe Disposal of Unwanted Prescription Medicines
October 30: MCA Sponsors Meeting to Address Proposed Zoning Amendment for Residential Studio Apartments
Through November 10: Preorder Holiday Trees and Wreaths...for Annual "Food for Trees"
December 1: McLean WinterFest Parade
October, November, December: Fairfax County Offering Free Chronic Illness Management Workshops
October and November: Fairfax County Offers Free Family Caregiver Telephone Support Group and Seminar
Volunteer Opportunities for Helping Older Adults and Adults with Disabilities

Quick Links

[Dranesville District Website](#)

[Fairfax County Website](#)

[Newsletter Archives](#)

Welcome to the October Dranesville Happenings, providing you with information about upcoming events and activities around the County and in the Dranesville District.

October 5: McLean 5K Run with the Warriors

Benefits Wounded Warrior Transitional Housing Project

The McLean 5K Run with the Warriors, hosted by the Navy Marine Coast Guard Residence Foundation (NMCGRF) and CENTURY 21 New Millennium McLean, Virginia branch, will take place on Saturday, October 5. Proceeds will benefit the NMCGRF Wounded Warrior Transitional Housing Project which will be located at Vinson Hall in McLean.

Event Details:

Saturday, October 5 (rain or shine)
McLean Square at CENTURY 21 New Millennium
6629 Old Dominion Drive
McLean

Registration starts at: 6:45 a.m. The 5K Run starts at 8:00 a.m. Parking is first come, first served in the Balducci's McLean Square parking lot. Additional street parking and parking at McLean Baptist Church (1367 Chain Bridge Road) available.

Register for the 2013 race at http://www.active.com/event_detail.cfmevent_id=2100647

. Discounts are available to warriors (active duty and retired) and students.

In 2012, NMCGRF merged their Run With the Warriors 5K, with co-host CENTURY 21's McLean 5K to become the McLean 5K Run with the Warriors.

The Navy Marine Coast Guard Residence Foundation (NMCGRF) is investing in our wounded warriors by providing handicapped accessible apartments that are designed to support them through their transitional period in a wonderful McLean, Virginia location.

For more information visit <http://www.mclean5k.com/>.

October 5-6: Tysons-Pimmit Library Book Sale

Donations Welcome

Friends of the Tysons-Pimmit Regional Library is holding a book sale to benefit the Tysons-Pimmit Regional Library on October 5 and 6. Choose from a large selection of books, magazines, DVDs and other media for all ages.

Event details:

Saturday, October 5, 10:00 a.m - 4:00 p.m.

Tysons-Pimmit Regional Library

7584 Leesburg Pike

Falls Church

(Bag Sale/Clearance will be on Sunday, October 6 from 1:00 p.m. - 4:00 p.m.)

The library is also accepting donated media.

For more information please visit <http://www.fairfaxcounty.gov/library/friends/ty/>, email TysonsLibraryFriends@gmail.com or call 703-790-4031.

October 5 - 12: Council for the Arts of Herndon Presents "Herndon Arts Week"

Every year the Council for the Arts of Herndon designates a week in October for the celebration of the Arts in Herndon. During this week, special activities are held at ArtSpace Herndon as well as local restaurants. Local arts organizations arrange for activities that highlight the many opportunities to enjoy art in our town.

Schedule for Arts week:

1. **Portrait Competition Reception** held at ArtSpace, October 5, 7:00 p.m. to 9:00 p.m., free and open to the public, sponsored by Council for the Arts.
This well-known Herndon-based art competition is being judged by Edward J. Reed, a critically acclaimed, international award-winning artist who juries numerous national and regional art competitions.
2. **Champagne and Chocolate Fundraiser for Arts Center**, ArtSpace Herndon, October 6, 6:00 to 8:00 pm, \$25 and up.
Another great event at ArtSpace Herndon is the Champagne and Chocolate Gala, a fundraiser for the future Herndon Arts Center. Check out the ArtSpace website for details at www.artspaceherndon.org.
3. **Arts Crawl** on October 9, 5:30 to 7:30, free and open to the public, sponsored by the Council for the Arts.
This year the 3rd Annual Arts Crawl will be held on October 9 at four local restaurants: Ice House Café, O'Sullivan's Irish Pub, Jimmy's Old Town Tavern and the Mediterranean Breeze. Sponsored by the Council for the Arts, Herndon-area artists are available at each restaurant with examples of their work on display.
4. **The 39 Steps-Industrial Strength Theatre**, Thursdays, Fridays, Saturdays and Sundays through Oct. 20. 8:00 p.m., \$25.
The exciting highlight of the Herndon arts community is the new professional theatre company, NextStop Theatre. In their first production, NextStop presents The Thirty-Nine Steps, based on an Alfred Hitchcock screenplay. Tickets can be purchased online (www.nextstoptheatre.com) or at the box office at 269 Sunset Park Drive.
5. **Crosscurrents: Om Shalom**, ArtSpace, October 12, 8:00 p.m., \$15/\$18
The Om Shalom Trio of Valerya Sholokhova, Ranendra Das and Abhik Mukherjee, award-winning international musicians, will play a fusion of Indian Classical, Jewish Folk and Far Eastern music. For more information, visit www.omshalomtrio.com.

Visit the Council for the Arts of Herndon website at <http://herndonarts.org> for more information.

October 6: 7th Annual MPAartfest in McLean Central Park

McLean Project for the Arts (MPA) is presenting the 7th Annual MPAartfest on

Sunday, October 6. Artfest is a great day in the park surrounded by wonderful art for sale, lively music, art activities for all ages, tasty food and a little wine. MPA selected 49 artists who will provide paintings, watercolors, photographs, textiles, jewelry, sculptures, and ceramics in a wide range of prices.

Event Details:

Sunday, October 6, from 10 a.m. to 5 p.m., rain or shine
McLean Central Park
Corner of Dolley Madison Blvd. and Old Dominion Drive
McLean

- Bring the kids! MPAartfest is a community event for the whole family. There will be art activities for all ages at Innovation Station, sponsored by TTR Sotheby's International Realty. Your family can stroll through the Children's Art Walk which features art from K-6 grades from schools in the McLean area. You can watch or try your own hand at live figure drawing at Open Studio.
- Listen (and dance) to great music from a wide variety of performers.
- Food and drink will be available for purchase.
- Convenient satellite parking will be available at 6862 Elm Street at the Fleetwood Road intersection and at Cardinal Bank located at the intersection of Dolley Madison Boulevard (Rte. 123) and Beverly Road. From there, free and frequent shuttle bus service will ferry passengers to and from MPAartfest. Handicap Access space will be available at Dolley Madison Library.

MPAartfest is free, but a \$5 donation to McLean Project for the Arts is greatly appreciated. Without the help of MPAartfest sponsors and donors, MPA could not provide this free event to the community, nor allow the artists to keep 100 percent of their sales. As a 501(c)(3) nonprofit, MPA must look to private sources to raise the majority of the funds needed for its operations, programs, exhibitions, and of course, to bring MPAartfest to McLean. Many thanks go to our event partners, McLean Community Center and Fairfax County Park Authority, sponsor Capitol One and the office of Dranesville Supervisor John Foust.

October 6, 20: Grain Grinding Demonstrations at Colvin Run Mill

See and hear 19th century technology at work by watching a grain grinding

demonstration at the beautiful restored Colvin Run Mill in Great Falls.

Event Details:

Sundays, October 6 and 20

Noon through 3:00 p.m.

Colvin Run Mill

10017 Colvin Run Road

Great Falls

Tour cost:

\$7 adults, \$6 student 16 and up with ID, \$5 child and senior.

Call 703-759-2771 to confirm that conditions permit grinding. No reservations required.

Tour this water-powered technological marvel that was built around 1811. On this multi-sensory tour, you'll see the massive waterwheel and gears, feel the furrowed stones that grind grain and smell the burn of mill stones set too close together. You'll hear stories about the man whose ideas revolutionized the milling industry, the family that ran Colvin Run Mill for over 50 years, and learn about George Washington's plans for a mill on Colvin Run.

Bring your family, friends or a whole group and explore the beautifully wooded and landscaped grounds around historic Colvin Run Mill and General Store. You'll find something fun for everyone.

For information, call 703-759-2771 or visit

<http://www.fairfaxcounty.gov/parks/crm/events.htm>.

October 7: Tysons Comprehensive Plan Amendment - Preliminary Dialogue with County Staff

The public is invited to a preliminary dialogue with Fairfax County staff on a proposed amendment to the Comprehensive Plan for Tysons. The current version of the Tysons Plan, adopted in 2010, recommends that additional work and studies be completed, such as detailed urban design guidelines and a funding plan for transportation improvements. Over the past three years, many of these recommended studies and plan implementation efforts have been completed, and

staff is proposing updates to the Comprehensive Plan to reflect this work.

Meeting details:

Monday, October 7 from 7:30 - 9:00 p.m. (New Date)
Spring Hill Elementary School
8201 Lewinsville Rd.
McLean

At the meeting, County staff will kick off the Plan amendment process with a presentation of proposed changes to the implementation, land use, and urban design sections of the Plan. Staff will also answer questions and listen to your comments on the proposals. An initial draft and summary of Plan updates will be posted on the Tysons web site (www.fairfaxcounty.gov/tysons) in advance, and you are encouraged to submit comments on-line. Materials from the October 7 session will also be posted on the web.

A second dialogue with County staff will be held in early November to allow for additional public participation and further revision of the draft amendment.

Background:

The Fairfax County Board of Supervisors has authorized a series of three Plan amendments for Tysons that will reconcile the Plan text and maps with the studies and planning activities that have been completed to date. The first amendment, which will be discussed on October 7, will cover implementation, land use (including the Plan's initial development level for office uses), and urban design. The second amendment will cover transportation. The third amendment will cover parks, public facilities, and other updates as may be determined during the amendment process. Public input sessions for the second and third Tysons Plan amendments will be held in 2014.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. Please call 703-324-1380 (TTY: 711)

October 8: Great Falls Citizens Association Candidate Forum

Great Falls Citizens Association (GFCA) is hosting a candidate forum for the

upcoming November 5 elections.

Participating will be candidates for the 34th District Virginia House of Delegates, presentations from the Fairfax County Sheriff candidates and the \$250 million Fairfax County Public Schools referendum.

Event Details:

Tuesday, October 8 at 7:00 p.m.
Great Falls Grange
9818 Georgetown Pike
Great Falls

For more information please the GFCA website at www.gfca.org.

October 9 and 10: Fairfax County Offering Program on Medicare Basics

Fairfax County is offering Medicare 101 - a free program on Medicare basics.

Program dates and locations:

Wednesday, October 9 from 3:00 p.m. to 4:30 p.m.

Chantilly Regional Library
4000 Stringfellow Road
Chantilly, VA 2015

Thursday, October 10 from 10:00 a.m. to noon

Shepherd's Center of Oakton-Vienna
Unitarian Universalist Congregation of Fairfax
2709 Hunter Mill Road
Oakton
703-281-0538, TTY 711

Find more information and register at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call the numbers above. Register online or call 703-324-5205, TTY 711.

October 12: Fire Stations Host Fire Prevention Open Houses

Fire Departments Focus on Preventing Kitchen Fires

On Saturday, October 12, from 10 a.m. to 4 p.m., the Fairfax County Fire and Rescue Department and all 37 County fire and rescue stations cordially invite the general public to participate in a community open house, spotlighting fire prevention. The theme for 2013 is "Prevent Kitchen Fires." The open houses serves to remind us all of the simple actions we can take to stay safe from fire year round. Every firehouse will host activities, provide tours, and have available fire prevention educational materials.

To locate your local fire and rescue station please visit <http://www.fairfaxcounty.gov/fr/deptinfo/stations.htm> or call Fairfax County Fire and Rescue Public Affairs and Life Safety Education at 703-246-3801.

October 12, 13: Free Driving Skills for Teen Drivers offered by Ford Motor Company

Attention parents of a newly licensed teen driver: Ford Motor Company, in partnership with the Governors Highway Safety Association, will be holding a FREE Driving Skills For Life (DSFL) event for teen drivers at Dulles Airport on Oct 12th and 13th (Sat-Sun). The DSFL program is a product of Ford Motor Company and the Ford Fund that promotes teen driving safety. From general inexperience behind the wheel, texting while driving, to simply wearing a seat belt, Ford provides the DSFL program as a FREE public service that offers teens an opportunity to get real-world driving instruction from some of the best professional drivers in the world.

Course Details:

Saturday and Sunday, October 12 and 13
Washington Dulles International Airport
44930 Rudder Road
Dulles

Two sessions per day:

Session 1: 7:30 a.m. to 12:30 p.m.
Session 2: 1:00 p.m. to 5:30 p.m.

Teens will drive specially-equipped vehicles on road courses under the supervision of professional instructors, improving their skills in four key areas: hazard recognition, vehicle handling, space management and speed management.

Registration is limited and signed consent forms are required. For more information and to register, please visit www.drivingskillsforlife.com. Please bring the signed waiver form and your teen's driver's license or permit with you to the event.

Ford Driving Skills for Life FREE program developed in 2003 in conjunction with the Governors Highway Safety Association and a panel of safety experts to address the No. 1 killer of teenagers in the United States - car crashes.

The Driving Skills For Life event consists of a short 20-minute classroom segment lead by Professional Ford Driving Instructors followed by a road-course set up at Dulles Airport that will give every student that attends an opportunity to get behind the wheel of a car with a Professional Driving Instructor from the world-famous Bondurant School of High Performance Driving based out of Phoenix, Arizona.
<http://www.bondurant.com>.

October 15, 16, 17: Fairfax County Offering Free Medicare Open Season Workshops

Fairfax County is offering free **Medicare Open Season** workshops through the Virginia Insurance Counseling and Assistance Program (VICAP).

Workshop locations:

Tuesday, October 15 at 10:30 a.m.

Lincolnia Senior Center

4710 North Chambliss Street

Alexandria

703-914-0223, TTY 711.

Wednesday, October 16 at 11 a.m.

South County Senior Center

8350 Richmond Highway, Suite 325

Alexandria

(Registration not required.)

Thursday, October 17 at 12:45 p.m.

Lorton Senior Center

7722 Gunston Plaza

Lorton

703-550-7195, TTY 711.

To register or get additional information, please call the numbers above or visit www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

October 16: McLean Citizens Association Sponsoring Program: "Later High School Start Times: A Blueprint for Positive Change?"

The McLean Citizens Association will sponsor a presentation by Dr. Judith Owens, Children's National Medical Center Division of Sleep Medicine. Dr. Owens will provide a status report and answer questions on the 8-month long study on later high school start times that Children's is undertaking under contract to the School Board.

Event Details:

Wednesday, October 16 at 7:30 p.m.

McLean Community Center

1234 Ingleside Avenue

McLean

For more information, visit the MCA website at www.mcleancitizens.org.

October 17: Master Plan Revision Meeting Planned for Langley Fork Park

The Fairfax County Park Authority has prepared a draft revision to the master plan for Langley Fork Park located at 6250 Georgetown Pike in McLean, Va. The draft document can be found online at www.fairfaxcounty.gov/parks/plandev/langleyfork.htm. A meeting has been scheduled to present the plan to the public for comment.

Meeting Details:

Thursday, October 17, at 7 p.m.
Franklin Sherman Elementary School
6633 Brawner Street
McLean

Park Authority staff will present the draft master plan followed by a moderated comment session. If you wish to speak at this meeting, you may pre-register by contacting the Public Information Office at 703-324-8662 or via Parkmail@fairfaxcounty.gov. Speakers can sign up at the meeting as well.

As part of the master plan revision process, the Park Authority held a public information meeting in October 2011 to present information about the park site and to identify community preferences, concerns and issues to be addressed during the master plan revision process. The October 13, 2011 meeting presentation and meeting summary are available for review online at www.fairfaxcounty.gov/parks/plandev/langleyfork.htm.

Since that meeting, detailed studies have also been conducted on the cultural and natural resources contained on the site. These studies informed the draft master plan that is now ready for public review.

Following the upcoming meeting, a 30-day public comment period will allow additional opportunity for public input on the draft plan. All comments will be evaluated by the master planning team and adjustments made to the plan based on public input, if needed.

For more information please contact Jane Edmondson in the office of Supervisor Foust at Jane.Edmondson@FairfaxCounty.gov or call 703-356-0551.

October 19: Watershed Clean-up Day

Park Authority Seeking Volunteers

The Fairfax County Park Authority's annual Watershed Clean-up Day is slated for Saturday, October 19. Volunteers are needed to help comb the shores of local lakes, creeks, and streams for litter and other debris. Along with the normal haul of tires, cans, plastic bags, cigarette butts, and other illegally dumped trash, crews at clean-up sites will document how many balloons they find and share this data with Clean

Virginia Waterways, a nonprofit organization affiliated with the Ocean Conservancy.

Event Details:

Saturday, October 19 from 9:00 a.m. to 11:30 a.m.

Please call one of the following participating sites to register:

Frying Pan Farm Park, 703-437-9101
Hidden Oaks Nature Center, 703-941-1065
Hidden Pond Nature Center, 703-451-9588
Huntley Meadows Park, 703-768-2525
Lake Accotink Park, 703-569-3464
Riverbend Visitor Center, 703-759-9018
Sully Historic Site, 703-437-1794
Ellanor C. Lawrence Park, 703-631-0013

Wearing boots, old clothes, and gloves are highly recommended. Trash bags will be provided.

The Park Authority's Watershed Clean-up Day is a great way for individuals, students, families, scouts, and other community groups to help make a difference in their local neighborhoods and prevent trash from flowing downstream to the Chesapeake Bay and beyond. According to Clean Virginia Waterways, 7,491 volunteers in Virginia removed more than 490,000 pounds of trash and litter from the commonwealth's rivers and beaches last fall.

October 22: Annual McLean Citizens Association - McLean Chamber of Commerce Candidates Night Forum

The McLean Citizens Association (MCA) and the McLean Chamber of Commerce are sponsoring a Candidates Night Forum on October 22. This year, the public can hear and question candidates who wish to represent the greater McLean area in the Virginia House of Delegates.

Event Details:

Tuesday, October 22 beginning at 6:30 p.m.
McLean Community Center
1234 Ingleside Avenue
McLean

The evening begins with a session at 6:30 pm with the candidates to represent the 35th and 53rd Districts in the Virginia House of Delegates. The candidates vying for the seats for the 34th and 48th Districts will speak and answer questions from beginning at 8:30 pm.

For more information, visit the MCA website: www.mcleancitizens.org.

October 24, 30: Public Meetings on Park Authority Natural Resource Plan

The Fairfax County Park Authority will hold two public comment meetings on the agency's revised Natural Resource Management Plan. The Natural Resource Management Plan, or NRMP, coordinates agency-wide efforts to achieve the resource preservation mission of the Fairfax County Park Authority and implement agency Policy 201 - Natural Resources. The first agency-wide Natural Resource Management Plan was adopted by the Park Authority Board in 2004 and was revised administratively in 2009. This new plan is necessary to clarify the Park Authority's natural resource management philosophy, vision and direction moving forward and promote the stewardship of natural capital

Details of Meetings:

Thursday, October 24 at 7 p.m.
Frying Pan Farm Park Visitor Center
2709 West Ox Rd
Herndon

Wednesday, October 30 at 7 p.m.
Huntley Meadows Park Visitor Center
3701 Lockheed Blvd.
Alexandria

Both meetings will provide an opportunity for members of the public to comment on

the plan, available for public review online at www.fairfaxcounty.gov/parks/resource-management/nrmp.htm.

A 30-day comment period began October 4. Mail and e-mail comments must be received no later than November 4. Interested parties may wish to attend the public comment meetings to speak or may simply wish to forward comments. Feedback will be accepted via e-mail at Parkmail@fairfaxcounty.gov or you may send your written comments to: Attention Public Information Office/NRMP Comments, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA 22035-1118.

Each meeting will feature a brief overview of the plan and provide an opportunity for public comment. Those wishing to get more information or to speak at the meeting may pre-register by calling the Public Information Office at 703-324-8662. You need not register in advance to speak at the meeting.

October 26: Safe Disposal of Unwanted Prescription Medicines

Disposal Bins Located Around County

October is Medicine Abuse Awareness Month. Fairfax County residents can help combat this growing problem by disposing of their unwanted, unused and expired prescription medicines on Drug Enforcement Agency (DEA) National Prescription Drug Take-Back Day. Proper disposal of prescription medicines helps to prevent drug misuse and accidental poisoning and keeps the environment safe from pollutants.

Prescription Drug Drop Details:

Saturday, October 26, between 10:00 am - 2:00 pm

(Note: The McLean Government Center is currently under renovation and not available as a disposal site. Please visit nearby locations in Herndon and Vienna)

Vienna Police Department

Front Lobby
215 Center Street, South
Vienna

Herndon Police Department

397 Herndon Parkway
Herndon

Herndon Harbor House

875 Grace Street
Herndon

City of Fairfax Police Department

3730 Old Lee Hwy.
Fairfax

CVS (10 am - 1:45 only)

10090 Fairfax Blvd.
Fairfax

Please bring prescription medications in their original containers. Cross out identifying information if possible. Drop-off is free and anonymous.

For more information about prescription drug abuse and year round disposal of prescription medicines, please contact the Unified Prevention Coalition of Fairfax County at www.unifiedpreventioncoalition.org.

October 30: McLean Citizens Association Sponsors Meeting to Address Proposed Zoning Amendment to Allow Residential Studio Apartments

The McLean Citizens Association (MCA) is sponsoring an event involving presentations by Fairfax County staff on a proposed Zoning Amendment to Permit Residential Studio Apartment Buildings in All Zoning Districts. A question and answer segment will follow the presentation.

Event Details:

Wednesday, October 30 at 7:30 p.m.
McLean High School
1633 Davidson Road, Room 187 (multi-purpose room)
McLean

For more information, visit the MCA website: www.mcleancitizens.org.

Through November 10: Preorder Holiday Trees and Wreaths for Annual "Food for Trees" Event

Proceeds benefit SHARE of McLean and the food pantry at McLean High School

Please help provide food to local families in need over the winter holiday season by participating in "Food for Trees".

HOW:

Pre-order your Christmas Tree or Holiday Wreaths at 50% off through Sunday, November 10 by visiting www.foodfortrees.org

WHEN:

On Saturday, December 7 from 10:00 a.m. - 5:00 p.m.

Bring \$35 worth of non-perishable food items to be donated to Share when you pick up your freshly-cut tree or wreaths. Alternative pick-up date: Sunday, December 8 from 11:00 a.m. - 1:00 p.m.

WHERE:

**Old Firehouse Teen Center
1440 Chain Bridge Road
McLean**

Please park on the Giant side of the Teen Center when arriving.

WHAT:

Bring the whole family! The Teen Center will be open on Saturday for everyone to enjoy hot apple cider, hot chocolate and holiday treats. Kids can decorate sugar cookies, play games and stay warm while the trees are loaded-up to go home for the holidays!

Special appearances by the McLean Youth Orchestra & Santa atop the McLean Volunteer Fire Department's 1970 Pirsch Antique Fire Engine!

GOAL:

To sell 400 trees in order to provide \$12,000 worth of food to our community!
Please help spread the word.

For more information or to order, visit www.foodfortrees.org.

December 1: McLean WinterFest Parade -- SAVE THE DATE!

Save the date! Join McLean residents and businesses on the first Sunday in December for WinterFest -- McLean's only community parade. More details to come.

To participate in the parade, register by November 20 at www.mcleanwinterfest.org.

October, November, December: Fairfax County Offering Free Chronic Illness Management Workshops

Fairfax County is offering free Chronic Illness Management workshops. Topics include managing pain and emotions, using medication properly, communicating with health care providers, adopting exercise and nutrition goals and making informed medical decisions.

Workshop Details:

Wednesdays October 2 through November 6

10 a.m. to 12:30 p.m.

City of Fairfax Regional Library

10360 North Street

Fairfax

Mondays, October 21 through December 2

1:00 p.m. to 3:30 p.m.

Reston Community Center Hunters Woods

2310 Colts Neck Road

Reston

Tuesday, October 22 through November 26

10 a.m. to 12:30 p.m.

Bruen Chapel United Methodist Church

3035 Cedar Lane

Fairfax

Thursdays, October 24 through December 5

10 a.m. to 12:30 p.m.

Great Falls Library

9830 Georgetown Pike

Great Falls

Wednesdays, October 30 through December 11

1:00 p.m. to 3:30 p.m.

Sherwood Regional Library

2501 Sherwood Hall Lane

Alexandria

Register and learn more at www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm or call 703-324-5489, TTY 711.

October and November: Fairfax County Offers Free Family Caregiver Telephone Support Group and Seminars

Fairfax County is offering free Family Caregiver Seminars and Telephone Support Group sessions throughout October and November. Some events are available on your computer or telephone. Others are taking place at locations throughout the County.

Session Details:

When Home is No Longer an Option - WEBINAR

Thursday October 31, Noon to 1:00 p.m.

Meet over your computer or telephone.

Legal Tools for Caregivers- WEBINAR

Wednesday November 20, Noon to 1:00 p.m.

Meet over your computer or telephone.

Diagnosis: Dementia...Now What?

Wednesday, October 2, 7:00 p.m. to 8:30 p.m.

Little River Glen Senior Center

4001 Barker Court

Fairfax

Financial Issues for Caregivers

Tuesday, October 8, 7:00 p.m. to 8:30 p.m.

Pohick Regional Library

6450 Sydenstricker Road

Burke

Behavior as Communication in Alzheimer's Disease

Thursday, November 7, 3:00 p.m. to 4:30 p.m.

Kingstowne Library
6500 Landsdowne Centre
Alexandria

Strategies for Difficult Conversations

Wednesday, November 13, 7:00 p.m. to 8:30 p.m.

Alzheimer's Association
National Capital Area Chapter
3701 Pender Drive
Suite 400
Fairfax

Legal Tools for Caregivers

Thursday, November 14, 7:00 p.m. to 8:30 p.m.

Dolley Madison Library
1244 Oak Ridge Avenue
McLean

Caregiving 101

Monday, November 18, 7:00 p.m. to 8:30 p.m.

Herndon Fortnightly Library
768 Center Street
Herndon

To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

Volunteer Opportunities for Helping Older Adults and Adults with Disabilities

Fairfax County's Volunteer Solutions has several opportunities for volunteers wishing to assist older adults and adults with disabilities.

- Fairfax County's **Meals on Wheels** urgently needs drivers in the **Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean** areas.

- Fairfax County needs **Somali-speaking volunteers** to provide rides to an older adult in the **Lorton** area.
- Fairfax County's **Adult Day Health Care Centers** need **outreach volunteers** for four hours/week. Requires travel around the county. Marketing experience preferred.
- **Lorton Senior Center** needs a computer instructor to teach seniors on weekdays.
- **Herndon Senior Center** seeks a knitting enthusiast to teach basic procedures. Class meets Thursdays, 10:30 a.m. to noon and musicians to play soothing music on weekend mornings.
- **Bailey's Senior Center in Annandale** needs a friendly quilting teacher to teach older adults. Group meets Thursdays, 10:30 a.m. to noon.

For more information about these activities or to volunteer, please visit <http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm>, email VolunteerSolutions@fairfaxcounty.gov or call 703-324-5406, TTY 711.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call the Dranesville District office at 703-356-0551, TTY 711.

If you would like your community announcement included in Dranesville Happenings please send an email to Dranesville@FairfaxCounty.gov.

